



Sleep Deprivation

Topic: Health & Medicine | Words: 607 | Pages: 4

Introduction

Over the past years, lack of sleep has become a health issue affecting a significant number of people across the globe. Many individuals do not obtain enough quality sleep, which then affects their health, and their capacity to undertake their daily routines. SD is caused by aspects such as anxiety and depression which can lead to various effects including, memory issues, trouble with thinking and concentration, high blood pressure, mood changes, and weakened immunity among the victims.

Memory Issues

During sleep, the brain forms a connection that helps a person process and remembers new information. According to Harrington et al. (2018), lack of sleep makes an individual have difficulty remembering things since the brain does not have sufficient time to create new pathways for the information recently learned. Lack of sleep denies the brain the ability to relax and concentrate hence making a person forget easily (Cheung et al., 2019). Thus, a limited nap can negatively impact an individual's short-term and long-term memory.

Weight Gain and Obesity

Further, lack of sleep can lead to excessive eating which makes a person gain weight. Sleep problem is related to higher amounts of a stress hormone called cortisol, the resulting anxiety, stress, and frustration contribute to emotional eating and poor nutritional habits (Chen et al., 2018). With sleep deprivation, the chemicals that signal to a person's brain when full are off balance, as a result, an individual overindulges

Sleep Deprivation Paper

Gayle Greene



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perceptual and sensory motor aspects 4 the role of drives and emotions 5 homeostatic and biorhythmic aspects and 6 effects of breakdown of programming Author **Twenty-six Additional Scientific Papers and Philosophical Essays That Will Eventually Compel Scholars to Rethink the World** Daniel Zanou,2024-01-08 This compilation of twenty six scientific papers and philosophical essays expands the mind body problem of the French philosopher and mathematician Ren Descartes We expose the nature of consciousness we discuss its origin and manifestations in living organisms We distinguish it from life and elaborate on human existence on Earth From there we solve the ancient enigma posited by Epicurus the Greek philosopher In science we take over Schrodinger s works on the body s entropy and use the research of the Japanese Nobel laureate Yoshinori Ohsumi to explain how non living atoms transition to living molecules Francis Crick s faded dream that becomes reality We delve into the living organisms to explain various losses of consciousness and awareness including sleep syncope and death We mainly focus on sleep to elucidate this mystery that no living organisms escape Insomniac Gayle Greene,2008-03-10 I can t work I can t think I can t connect with anyone anymore I mope through a day s work and haven t had a promotion in years It s like I m being sucked dry eaten away swallowed up coming unglued These are voices of a few of the tens of millions who suffer from chronic insomnia In this revelatory book Gayle Greene offers a uniquely comprehensive account of this devastating and little understood condition She has traveled the world in a quest for answers interviewing neurologists sleep researchers doctors psychotherapists and insomniacs of all sorts What comes of her extraordinary journey is an up to date account of what is known about insomnia providing the information every insomniac needs to know to make intelligent choices among medications and therapies Insomniac is at once a field guide through the hidden terrain inhabited by insomniacs and a book of consolations for anyone who has struggled with this affliction that has long been trivialized and neglected Thinking about Bribery Philip M. Nichols,Diana C. Robertson,2017-09-07 Bribery is perhaps the most visible and most frequently studied form of corruption Very little research however examines the individual decision to offer or accept a bribe or how understanding that decision can help to effectively control bribery This book brings together research by scholars from a variety of disciplines studying the mind and morality who use their research to explain how and why decisions regarding participation in bribery are made It first examines bribery from the perspective of brain structure then approaches the decision to engage in bribery from a cognitive perspective It examines the psychological costs imposed on a person who engages in bribery and studies societal and organizational norms and their impact on bribery This is an ideal read for scholars and other interested persons studying business ethics bribery and corruption corruption control and the applications of neuroscience in a business environment **The Torture Memos** David Cole,2009-09-08 On April 16 2009 the Justice Department released never before seen secret memos describing in graphic detail the brutal interrogation techniques used by the CIA under the Bush administration s war on terror Now for the first time the key documents are compiled in one remarkable volume showing that the United States government s top attorneys were instrumental in

rationalizing acts of torture and cruelty employing chillingly twisted logic and Orwellian reasoning to authorize what the law absolutely forbids This collection gives readers an unfiltered look at the tactics approved for use in the CIA s secret overseas prisons including forcing detainees to stay awake for eleven days straight slamming them against walls stripping them naked locking them in a small box with insects to manipulate their fears and of course waterboarding and at the incredible arguments advanced to give them a green light Originally issued in secret by the Office of Legal Counsel between 2002 and 2005 the documents collected here have been edited only to eliminate repetition They reflect in their own words the analysis that guided the legal architects of the Bush administration s interrogation policies Renowned legal scholar David Cole s introductory essay tells the story behind the memos and presents a compelling case that instead of demanding that the CIA conform its conduct to the law the nation s top lawyers contorted the law to conform to the CIA s abusive and patently illegal conduct He argues eloquently that official accountability for these legal wrongs is essential if the United States is to restore fidelity to the rule of law

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volume of essays is a reflection on social memory as a force for social and economic transformation Written by scholars and organic intellectuals it focuses on the uses of social memory in particular the conflict between the legacies of colonialism and the movement for fundamental change The content addresses both experts and ordinary citizens alike with a view to advancing discourse on where we are right now and how we move on from here to achieve meaningful transformation As scholars and public representatives with a deep understanding of the social economic and political dynamics of modern history of South Africa the contributors offer their unique perspectives and reflections on history politics economics culture education ethics and the arts as well as the links that bind these aspects into an ecology of ideas and attitudes Educart 10 CUET UG 2025 English Past Years & Mock Papers 2025 with OMR Sheets (Section IA, new NTA syllabus)

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Chebykin, Gregory Bedny, Waldemar Karwowski, 2008-04-25 Written by leaders in their respective fields Ergonomics and Psychology discusses recent advancements in psychology and addresses their applications in practice through ergonomics The book describes the basic ideas that underpin the most successfully applied approaches in ergonomics psychology training education and more It explores t

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Augmentation of Brain Function: Facts, Fiction and Controversy Mikhail Lebedev, Ioan Opris, Manuel F. Casanova, 2018-09-14 Volume I entitled Augmentation of Brain Functions Brain Machine Interfaces is a collection of articles on neuroprosthetic technologies that utilize brain

machine interfaces BMIs BMIs strive to augment the brain by linking neural activity recorded invasively or noninvasively to external devices such as arm prostheses exoskeletons that enable bipedal walking means of communication and technologies that augment attention In addition to many practical applications BMIs provide useful research tools for basic science Several articles cover challenges and controversies in this rapidly developing field such as ways to improve information transfer rate BMIs can be applied to the awake state of the brain and to the sleep state as well BMIs can augment action planning and decision making Importantly BMI operations evoke brain plasticity which can have long lasting effects Advanced neural decoding algorithms that utilize optimal feedback controllers are key to the BMI performance BMI approach can be combined with the other augmentation methods such systems are called hybrid BMIs Overall it appears that BMI will lead to many powerful and practical brain augmenting technologies in the future

Next Generation Systems and Networks Hari Om Bansal,Pawan K. Ajmera,Sandeep Joshi,Ramesh C. Bansal,Chandra Shekhar,2023-07-09 The book is a collection of high quality research papers presented at International Conference on Next Generation Systems and Networks BITS EEE CON 2022 held at Birla Institute of Technology communication and signal processing and electronics and nanotechnology *Oswaal CBSE 10 Previous Years' Solved Papers, Yearwise (2013-2023) Science (PCM) English Core, Physics, Chemistry & Mathematics Class 12 Book (For 2024 Exam)* Oswaal Editorial Board,2023-06-06 Description of the product 100% Updated with the Latest CBSE Board Paper 2023 Valuable Exam Insights with Out of Syllabus Questions highlighted 100% Exam readiness with Commonly Made Errors and Answering Tips Concept Clarity with Topper s and Board Marking Scheme Answers Crisp revision with Mind Maps and Revision Notes

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